

## BOOK REVIEWS



### **SCIENTIFIC APPROACH IN THE DIAGNOSIS AND THERAPY OF HEADACHES**

**ZNANSTVENI PRISTUP DIJAGNOSTICI I TERAPIJI GLAVOBOLJA**, by Vida Demarin, Editor. Croatian Academy of Science and Arts, Department of Medical Sciences, Zagreb, 2005, 160 pages. ISBN 953-154-683-5

This book brings the papers presented at the meeting entitled Scientific Approach in the Diagnosis and Therapy of Headaches, organized by Department of Medical Sciences of the Croatian Academy of Science and Arts, held on March 19, 2004.

In the introductory section, Professor Vida Demarin and Vlasta Vuković present data on the prevalence of headache as the most common symptom and diagnosis in medicine. Data show that almost every individual suffers headache at least once in lifetime. Yet, many people fail to visit physicians for headache, making it one of the most frequently neglected diagnoses. Besides

the high medical relevance of headaches, they also pose a considerable financial burden upon health care systems.

This book can be viewed as consisting of several sections. The first section is dedicated to migraine, which is elaborated in three articles. The first of these, entitled "The clinical picture of migraine", Professor Ksenija Willheim describes the parameters of the clinical diagnosis of migraine and classification of migraine according to the International Headache Society (IHS), and emphasizes the importance of recognizing the clinical picture of migraine as a precondition of appropriate management. In the next article, Professor Ivo Lušić, Assistant Professor Tomislav Babić and Sanda Pavelin present tryptanes, the latest group of drugs used in the treatment of migrainous attacks. The pharmacodynamics, pharmacokinetics, indications and contraindications as well as differences among particular tryptanes are systematically described. The third article entitled "The latest attitudes in the prophylactic treatment of migraine" by Professor Vida Demarin and Vlasta Vuković, deals with migraine prophylaxis. Groups of drugs that can be used in the prophylaxis of migrainous attacks are presented and the conditions eligible for prophylactic therapy are elaborated. Various groups of drugs have been used in the prophylaxis of migraine, their efficacy varying among patients. The article brings relevant literature data supporting the opinions on the need of migrainous attack prophylaxis.

The next section of the book is dedicated to other types of headache. In his article, Professor Zlatko Trkanjec presents the epidemiology, etiology and pathophysiology, clinical picture, diagnosis, therapy and prevention of the most common type of headache, tension-type headache. The classification of tension headache and differences between the previous and the new IHS classification adopted in 2003 are systematically elaborated. The article entitled "Cluster headache" by Assistant Professor Davor Jančuljak brings systematic presentation of the second most common primary headache,

cluster headache, with due consideration of its epidemiology, pathogenesis, classification, clinical picture, management, and options in prophylactic therapy for cluster headache. This section of the book ends with the article by Assistant Professor Vesna Šerić on neurological diseases and other causes of headache, where the author systematically and thoroughly describes all other neurological disorders that may cause headache. In addition, the author also writes about other diseases that may induce headache, briefly listing the characteristics as well as the diagnosis and differential diagnosis of headache associated with these diseases, thus giving a convenient survey of secondary, symptomatic headaches.

The third section of the book includes two articles dealing with diagnostic methods. The first one by Assistant Professor Arijana Lovrenčić-Huzjan deals with the methods of neurosonography. The possibilities of these methods in the diagnostic work-up of patients with headache are systematically and thoroughly presented. The text is accompanied by informative and educative figures showing different findings obtained by neurosonography studies in patients with headache. The second article on headache diagnostics, written by Professor Miljenko Kalousek with A. Tripalo and V. Kalousek as coauthors, describes the use of imaging techniques in the diagnosis of headache. The use of computed tomography (CT), magnetic resonance (MR) and digital subtraction angiography (DSA) is presented in detail. Due account is also given of the novel diagnostic methods such as CT angiography, MR angiography, MR imaging of the venous system (MRV), and diffusion weighted images (DWI). This article is also enriched with quality illustrations showing pathologic alterations that may lead to headache.

In the last, fourth section of the book, the article entitled "Headaches of childhood" by Vlasta Đuranović and Professor Vlatka Mejaški-Bošnjak explains that headache is a rather common (about 70% of school children experience headache at least once a year) but unfortunately highly nonspecific symptom in childhood. The authors describe specific features of the most common primary headaches in children with special reference to migrainous variants in childhood. The survey of second-

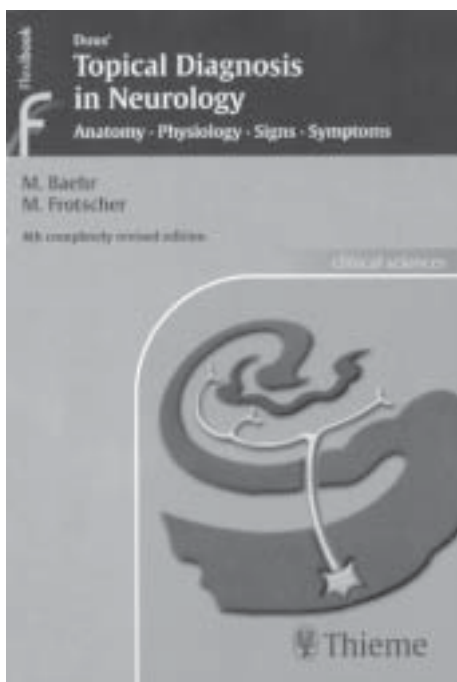
ary headaches presents posttraumatic headaches and headaches associated with neoplasms and cerebrovascular disease. This article is also accompanied by high quality and educative illustrations depicting the pathology which may cause headache in children. In his article, Professor Livije Kalogjera presents ENT diseases which may induce the occurrence of headache, with special reference to the ear and paranasal sinus diseases that frequently manifest with various types of headache as a symptom. The author points out that ENT causes should not be overlooked in the differential diagnosis of headache.

The last article in the book, written by Assistant Professor Tomislav Babić, is dedicated to drug utilization in migraine. The author presents the availability of antimigrainous drugs on the Croatian market and critically analyzes their prescribing to migraineurs, based on data obtained from the Croatian Institute of Health Insurance.

This book, edited by Professor Vida Demarin, provides a thorough, extensive and high quality insight into the epidemiology, etiology, pathophysiology, classification, clinical picture, diagnostic possibilities, therapy and prophylaxis of most different types and forms of headache. The book also points to a number of diseases that may present with headache as one of the symptoms. Thus, the book gives a detailed presentation of both primary and secondary headaches.

The editor has invested great effort to assemble a team of renowned experts in the field of headaches from the leading Croatian hospitals and university departments, who have presented the latest scientific achievements in the respective fields, supported by a total of 276 citations from the relevant recent literature. Therefore, this book represents valuable contribution to the Croatian medical writing. It will certainly prove highly helpful to our neurologists in their daily routine but also to other specialists who very frequently encounter the problem of headache in their patients. They all will now be able to address headache enriched with the latest scientific concepts on the issue, thoroughly elaborated in this book.

*Nevenka Blažić-Čop*



**DUUS' TOPICAL DIAGNOSIS IN NEUROLOGY – 4<sup>th</sup> Completely Revised Edition**  
*Anatomy – Physiology – Signs – Symptoms*, by *Mathias Baehr and Michael Frotscher*, 2005 Georg Thieme Verlag, Stuttgart, Germany – Thieme New York, New York, NY, USA  
 ISBN 3-13-612804-4 (GTV)  
 ISBN 1-58890-215-3 (TNY)

Thirty years ago, back in 1976, Professor Peter Duus published the first German edition of this useful textbook. After a few years it was recognized by neurology experts worldwide as an immense help in understanding neurology. It was then translated to English, Greek, Spanish, Portuguese, Russian, Polish, Turkish, Japanese, Korean, and even Indonesian. This textbook is the fourth completely revised edition and the first edition of Duus' textbook of topical neurology since the death of its original author Peter Duus.

This textbook preserves the remarkably valuable didactic conception of the book the way the author originally put it together, but it also follows new trends in neurology, developing diagnostic methods and case studies that reflect current practice.

The book's new color-coded section headings help readers find their way through chapters more easily and distinguish blue neuroanatomical from green clinical

material without disrupting the thematic continuity of the text.

To make this textbook useful to undergraduate students and those who wish to repeat their knowledge of anatomy, the authors have added a new first chapter entitled "Elements of the Nervous System" as well as a brief summary of basic concepts at the beginning of each chapter.

This textbook has 517 pages, eleven chapters, a list of abbreviations, index, a list for further reading, and many tables, colorful pictures, and schemes. The first new chapter "Elements of the nervous system" gives descriptions of neurons, synapses, neurotransmitters and receptors, and embryology. The second and third chapters deal with somatosensory and motor systems. Peripheral and central components of both systems and clinical syndromes of lesions affecting them are described here. The next three chapters are dedicated to the brainstem, the cerebellum and the diencephalon and autonomic nervous system. Here the authors give detailed and nicely illustrated descriptions of these anatomical structures. Cranial nerves are covered in detail with many tables and illustrations which make understanding of these structures and their disorders easier. Topical anatomy of the brainstem is shown here. The cerebellum, its internal structure, functions and connections with other parts of the nervous system are nicely described in this chapter. The chapter about diencephalon and autonomic nervous system is subdivided into its four components: thalamus, epithalamus, subthalamus and hypothalamus. The limbic system is described, its anatomical overview is given, along with its major components and functions. In the basal ganglia chapter, remarks on terminology are given; the role of basal ganglia in the motor system is described along with their components, connections, functions and dysfunctions. A large chapter is devoted to the cerebrum. Here the authors discuss embryology, anatomy and subdivision, histological organization, the white matter and functional localization in the cerebral cortex. The tenth chapter talks about coverings of the brain and spinal cord, cerebrospinal fluid and ventricular system. The last, eleventh chapter covers the blood supply and vascular disorders of the central nervous system.

So, if you are looking for a colorful, informative, well organized and clearly written neurology assistant, check out this five-star rated textbook yourself!

*Sandra Morović*

## IN MEMORIAM



**Head Doctor  
Ivan Grbac, MD, PhD**

Head Doctor Ivan Grbac, MD, PhD, was born in 1942 in Đakovo, where he completed elementary school and high school, then studied medicine at Zagreb University School of Medicine, where he graduated from in 1968. He served his internship at General Hospital in Osijek, then worked at Đakovo Health Center until 1972, served residency in pulmonology from 1972 to 1979, and worked at Klenovnik Hospital. From 1979, he worked for a short period of time at Srebrnjak Hospital, then at Department of Pulmonology, Sestre milosrdnice University Hospital. Ivan Grbac completed postgraduate study in cardiology in Ljubljana in 1976-1977, postgraduate study in pulmonology at Jordanovac University Hospital in 1980-1981, and professional training in West Germany in 1985. He received MS degree having defended his thesis entitled "The role of bronchial circulation in the development of chronic bronchitis". Then, having worked for several years at Jordanovac University Hospital for Lung Diseases, he returned to his former institution, Department of Pulmonology, Sestre milosrdnice University Hospital, and defended his PhD dissertation entitled "The occurrence of bronchospasm following bronchial artery ligation in dogs" in 1998. The procedure of his appointment for Assistant Professor was un-

der way but could not be completed due to his health problems.

Dr. Grbac published 23 scientific papers. He was an excellent diagnostician, clinician and bronchoscopist. As a long-standing member and secretary for two terms of the Croatian Society of Pulmonology, at the quite unfavorable time of health reform, he fought for the rights of pulmonology professionals as well as for the patients' rights of appropriate treatment. Unfortunately, the malignant disease was only temporarily halted, followed by deterioration. In spite of all care and therapy available, and consultations with numerous experts, the underlying disease progression could not be stopped anymore. In addition, Dr. Grbac had suffered great loss of the premature departure from life of his wife Maja, and now he had to join her, also untimely.

He was a self-denying but decisive, brave and compassionate man, always ready to help everybody; therefore we all loved him, both his colleagues and patients alike. His humanness and gentleness could also be perceived through his love for and active engagement in music.

His long-standing care for his patients and their families indicated his great personality and his deeds. He was an excellent teacher in medicine, having taught many professionals in pulmonology, from interns and residents through specialists. He was always ready to start some new, pioneer endeavors; so, together with oncologists he had introduced bronchotherapy, a new treatment modality for bronchial carcinoma.

We will remember Head Doctor Ivan Grbac, MD, PhD, for his gentleness, humanness and greatness he had so unselfishly offered to all those around him in our difficult and demanding work at Department of Lung Diseases and Tuberculosis, Sestre milosrdnice University Hospital.

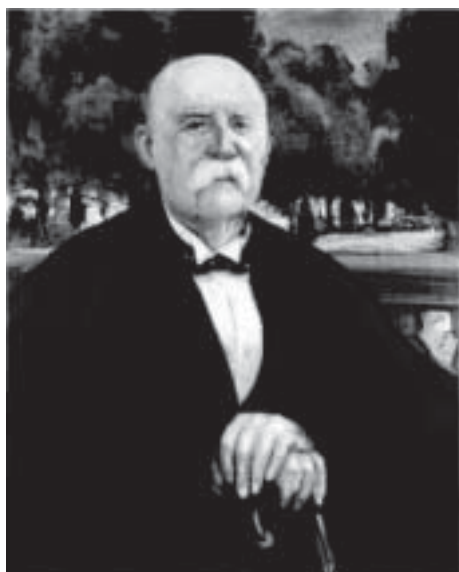
*Davor Jurman*

Sestre milosrdnice



University Hospital

## HISTORICAL REVIEW



A hundred years ago, Dr. Dragutin Gorjanović Kramberger, the famous Croatian paleontologist, published the results of his research on the existence of fossil man, *homo Krapiniensis*, in the book entitled *Der diluviale Mensch von Krapina in Kroatien* (Walkroff, Wiesbaden, 1906), now considered the first and most comprehensive presentation of fossil man<sup>1</sup>. The x-rays of the Krapina Man bones, made by Dr. Miroslav Čačković, a surgeon and assistant to Professor Teodor Wickerhauser, head of the Department of Surgery at our Hospital, certainly contributed to such a high appraisal.

Our Hospital purchased the first x-ray device in 1901, only six years after the discovery of x-rays<sup>2</sup>. Having spent some time in 1901 for training at the famous Viennese roendgenology institute Holzknacht, Dr. Kurt Hühn was the first to engage in roendgenology. In 1902, he presented twelve roendgenograms performed at our hospi-

tal. However, as Dr. Hühn decided to deal with ophthalmology, Dr. Čačković took over the activities in roendgenology and continued to do so until the end of World War I, along with his very successful career in surgery. He also published the first printed paper in the field of roendgenology in *Liječnički vjesnik* in 1913 and merits go to him for the purchase of the first roendgenology atlas in the world possessed by our Hospital<sup>3</sup>.

Professor Gorjanović-Kramberger became famous in Croatia and in the world for his discovery of the Krapina Man when the mentioned book appeared. Yet, he had previously published a number of significant papers in the field of paleontology, arousing interest in our physicians for his investigations. In 1905, Dr. Fran Gudrum reported in *Liječnički viestnik* on Gorjanović's research, not only of Krapina Man but also on his investigations of thermal and mineral water resources<sup>4</sup>. Accordingly, Croatian physicians followed Gorjanović's work with due understanding and pride, and some of them like Dr. Miroslav Čačković actively contributed with their knowledge and skills to the creation of the best possible presentation of these researches.

Tanja Sušec

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## INTERNET GUIDANCE

The websites of the Great Britain Society of Vascular Surgeons at the same time serve as websites of patients and all those laymen that may seek for expert information in this field of surgery. However, the great part of the rich VascularWeb contents is intended for professionals, offering data on the Society, latest news, legal issues, clinical information, research in the field, information for residents and students, on professional conventions and congresses, and an array of interesting professional and scientific articles.

<http://www.vascularweb.org>

In addition to data on the committees, ethics and clinical practice, the websites of the British clinical ethics committees contain various guidelines, comments and case studies. Highly interesting are data on the suggested reading (books and journals), facilitating literature selection in this complex and sensitive field of medical ethics.

<http://www.ethics-network.org.uk>

*Tanja Sušec, BA*

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[Http://www.acta-clinica.kbsm.hr](http://www.acta-clinica.kbsm.hr)

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